

GOVT. HNAHTHIAL COLLEGE

GYM INSTRUCTION

1. Persons using the equipment in the Gymnasium are responsible for their own safety. They are advised to seek advice and assistance from our staff in the Gymnasium if necessary.
2. Smoking, eating and drinking (except water) is prohibited in the Gymnasium at all times.
3. For the safety of all users, please refrain from preventing or interfering others' use of the equipment in the Gymnasium.
4. For the benefit of all, it is requested that you return equipment to the corresponding place when finished.
5. Except for hotel's activities, no commercial or religious activities are allowed in the Gymnasium without prior approval from the Hotel.
6. Private coaching, assessments and other related activities are not allowed in all venues without prior authorization from the Hotel.
7. Please mute mobile phones and pagers while on Gym.
8. Please do not speak loudly inside the Gym.
9. The use of personal towel is required in order to avoid possible contagions and the deterioration of the machines. Once you have finished your session, leave the towel in the basket.
10. In case of any doubt, complaints on using Gym equipment or equipment breakdowns, we requested that you immediately contact the Front Desk or Gym attendant for assistance.
11. Please handle the equipment in the Gymnasium with care. Users are responsible for any damages to the facilities or equipment.
12. A Full compensation should be made at market rates.
13. The Hotel Management will take no responsibility for the loss, theft or damage of belongings brought into the Gymnasium by users.
14. The General Rules and Regulations of the Hotel are also applicable to this facility.
15. All users are required to follow the instructions of the Hotel staff.
16. The Hotel reserves the right to amend these rules and regulations without prior notice.
17. Users are responsible for their own property and safety.
18. The Hotel Management will not be responsible for any loss, injury or death of anyone using the facility.
19. Failure to comply with the above rules may result in loss of gym privileges.